SAMPLE MENU

LUNCH
Carrot and orange soup (VEGAN) and bread roll

Pulled oats and chestnut mushroom stroganoff (VEGETARIAN)
Pulled oats and chestnut mushrooms in tomato basil sauce (VEGAN)
  Thai pork
  Chicken tikka masala

  New potatoes with olive oil and spring onions.
  Basmati rice
  Diced carrots with dill
  Backed jacket potatoes with a choice of fillings from the salad bar/baked beans/
  Cheddar cheese
  Salad Bar - Choice of tomatoes, cucumbers, peppers, Green leaf salad,
  Mexican kidney bean salad

  Sticky Toffee pudding with butterscotch sauce (VEGAN)
  Selection of cold sweets - Fruit salads, vegan chocolate mousse, cheesecake

DINNER
Mushroom soup (VEGAN) and bread roll (usually the soup is same for lunch and dinner)

Baked pasta with spinach, vegetarian parmesan, mushrooms and pine nuts (VEGETARIAN)
Tempeh and vegetables in Mongolian sauce (bean sprouts, mushrooms, mange tout, baby
  corn, pakchoy and Chinese cabbage) (VEGAN)
  Roast jerk chicken with banana chips and lime

  Piripiri and oregano roasted new potatoes
  Jamaican rice and peas
  Broad beans with olive oil and parsley

  Salad Bar - Choice of tomatoes, cucumbers, peppers, Green leaf salad,
  Algerian chickpea bean salad

  Rhubarb crumble with custard (VEGAN)
  Selection of cold sweets - Fruit salad, Orange crème brulée, Vegan coconut and mango pot